



# Holderness Recreation

## Fall 21 / Winter 22

### Tai Chi

**Tai Chi** is a martial art designed to improve health and reduce tension. The slow, graceful movements promote **balance** and overall vitality. Tai chi builds strength, endurance, coordination, memory and confidence. Current research has shown that tai chi reduces the risks of falling and relieves symptoms of arthritis, Parkinson's disease, peripheral neuropathy and back pain. The practice of Tai Chi movements improves circulation and respiration. Tai Chi originated in China and is practiced worldwide to enhance overall health and wellbeing.

**When:** Wednesday's from 5:30—6:30 pm Regular Tai Chi  
**Dates:** November 17<sup>th</sup> to January 12<sup>th</sup> (no class 11/24)  
**Where:** Holderness Town Hall  
**Cost:** \$80 (8 week class)



#### Instructor: Darcy Cushing

Darcy Cushing has been practicing T'ai Chi Ch'uan for 27 years and in 1994 began studying directly with Grandmaster Tung Kai-ying, a third generation T'ai Chi Master whose lineage can be traced back to the origins of T'ai Chi Ch'uan. Darcy has taught classes in Plymouth, Ashland, Campton and Lincoln for more than 20 years, which includes 14 years of teaching at Plymouth State University. In 2001, Darcy began hosting T'ai Chi workshops in New Hampshire for the 4th generation Master Tung Chen-wei and for the past eight years she has organized an annual T'ai Chi Camp on Lake Winnepesaukee.

We ask that students register for the entire series because of the nature of the practice and that the tai chi form is taught as a sequence that is built upon each week. If you are unable to make the full payment, we will entertain a drop in style. Please talk to Wendy for details.

You can register through email [recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov), or you can also register on line at <https://holdernessrecnh.recdesk.com/Community/Page?pageId=14060>. You can also visit [www.holderness-nh.gov](http://www.holderness-nh.gov) and follow the link to register.

